

NEW MAY 2013 MEETING OF THE MINDS SHOW ON-AIR NOW
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A new episode of the 10-minute monthly Los Angeles County Department of Mental Health's (LACDMH) *Meeting of the Minds* show is available for viewing on the department's website, Facebook page and YouTube channel. To view it from your personal computer at home, search for "LACDMH PIO" on Facebook and YouTube. *Meeting of the Minds* is also broadcast on the LA County Channel, available through your local Los Angeles area cable provider.

Funded by the voter-passed Mental Health Services Act (MHSA), the monthly show informs residents about the latest news related to mental health and LACDMH. The show features three segments: News, Message from the LACDMH Director (Marvin J. Southard, D.S.W.) and Walk the Talk.



The news segment features the latest mental health-related information and stories. In this month's Message from the Director segment, Dr. Southard will talk about our natural coping instincts and why substance use is not a long-term

strategy. This month's final segment, Walk the Talk, is a one-on-one discussion with Reba Stevens. She talks about her personal journey of hope, wellness and recovery after years of battling substance use, major depression, bipolar disorder and post-traumatic stress disorder. Now a peer advocate with LACDMH, Stevens helps others by inspiring them with her own story.

As part of LACDMH's anti-stigma and social inclusion campaign, *Meeting of the Minds* reinforces the Department's mission of *Hope, Wellness and Recovery*. Archived shows of *Meeting of the Minds* will be available on the LACDMH website as well as on the LACDMH Facebook and YouTube pages.

